

I CLAIM:

1. An exerciser for step and twist comprising
a base having a barrel at a front section and a disc behind said barrel, said disc comprising teeth;
5 a swing device comprising a post, a pair of pedals, a pair of cylinders, a pair of extensions, a roller, a gear and a cable, said post being located at a front end of said swing device with said pedals being secured on respective sides thereof, said pedals being connected with said cylinders at a bottom end thereof, said extensions extending downwardly from the front of said pedals, said gear being
10 secured to a spindle of said roller, said cable being wound around said roller with two ends being secured to said extensions of said pedals respectively to pull said roller;
thus said post of said swing device being inserted into said barrel of said base, and said gear of said swing device meshing with said teeth of said disc.
15 2. The exerciser for step and twist, as recited in claim 1, wherein said base comprises a strut at a front end to receive a handle thereon.
3. The exerciser for step and twist, as recited in claim 1, wherein said base comprises a recess to receive a bearing therein for said swing device to seat thereon.
4. The exerciser for step and twist, as recited in claim 1, wherein said disc is in an
20 arcuate shape.
5. The exerciser for step and twist, as recited in claim 1, wherein said roller is provided with an idle gear.
6. The exerciser for step and twist, as recited in claim 1, wherein said gear of said swing device is secured to said spindle of said roller at a bottom end of said swing
25 device.